SPECIAL POPULATIONS

# DECEMBER 2010

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#### HAPPY HOLIDAYS!!!

We have some interesting activities planned for this month. Come see the "Holiday Spectacular" at the Crown Uptown Dinner Theatre, or join us on the 14th as we decorate Christmas ornaments! Catch up with all your friends at the Holiday Dinner & Dance! Whatever you decide, you'll have a ball! We'll see ya there!

Here's what's going on in December...

Bowling...For \$12/\$17 you can bowl four games a month (two games per visit). Cost includes shoe rental. Please bring extra money if you would like to purchase food or drinks. Pick-ups begin at 2 pm. We will bowl from 3 to 4 pm.

<u>Craft Workshop</u>...Let's make some ornaments to hang on your tree! On Tuesday, December 14 we will meet at Carver Center to make and decorate holiday ornaments. Pick-ups begin at 6:00 pm and we will be decorating from 7:00 to 8:00 pm. The cost of this activity is \$10/\$13. Come and show off your creativity!

## <u>Crown Uptown Dinner</u> Theatre...

Let's travel to Wichita to take in dinner and a show! The Crown Uptown Dinner Theatre will be showing "Holiday Spectacular" on December 4. Dinner begins at 6:00 pm followed by the show at 7:30 pm. Pickups begin at 3:00 pm. We will return to Salina at approximately 11:30 pm. The deadline to register is Wednesday, December 1, so hurry!

## L.I.F.T. Cardio ...

This activity is centered around a cardiovascular workout that gets your heart rate up and starts burning those calories! At the YMCA, you'll have the choice of using a stationary bike, treadmill, or walking the indoor track. Pickups begin at 1:30pm. Cost of L.I.F.T. Cardio is \$8/\$15. Limit: 10 participants.

Movie Night...Catch a flick with us at Showplex Cinemas in the Central Mall on December 30. Pick-ups begin at 5:30 pm. Please bring money if you would like to purchase snacks or a drink. Cost is \$12/\$15.

## Holiday Dinner and

**Dance**...Spend a Friday night with you friends at Friendship Center! We will be serving up a holiday meal with all the trimmings from 5:00 to 7:00 pm. At 7:00 pm we turn up the music and dance the night away to some cool tunes. Remember!!!! There is no transportation offered tonight! This gives our staff time to set everything up, decorate, and most important....go get the FOOD!!! Cost for this activity is \$15 for the dinner and dance, OR if you prefer, you can come to the dance only for \$5. If you are attending the dance only, please don't arrive before 6:30 pm. Deadline to register for this activity is December 10! Don't be late!!



### NO ACTIVITIES SECOND WEEK OF DECEMBER!

As you may have noticed, the week of December 5 through 11 is empty! This is because Linnette will be accompanying the 50+ group on a trip to the Smoky Mountains! So...take this opportunity to spend a little time at home relaxing before the holiday festivities begin!!

#### ENJOY!!



How To Contact Us:	
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Friendship Center 746 Comanche Avenue	785-826-7267
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HAPPY BIRTHDAY

TO ALL WITH A

DECEMBER BIRTHDAY!

